

Here I Am

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 1 級數: Phrased Improver
編舞者: Ronald Lacoste (CAN) - June 2023
音樂: Here I Am (Slow Fox / 29 Bpm) - OrchesTrOnal & Rosanna Hofman : (iTunes / Amazon)



Intro 16 counts. No Tags & No Restarts.

Part A (16 counts)

S. 1 Forward L & Side Rock with 1/8 L turn pivot, Forward R, Forward L & 1/4 R turn pivot, Forward L, Forward Rock R, Back R, 1/8 L turn Side L, 1/8 L turn recover on R.

1 2 & Step L Forward, Step R Side, 1/8 L turn pivot recover on L
3 4 & Step R Forward, Step L Forward, 1/4 R turn pivot recover on R
5 6 & Step L Forward, Step R Forward, Recover on L
7 8 & Step R Back, 1/8 L turn Step L Side, 1/8 L turn pivot Recover on R

S. 2 1/8 R turn Side L, 1/8 R turn recover on L, Back R, 1/8 L turn Step L Side, Step R Beside L, 1/4 L turn Half Forward Rumba Box, 1/4 L turn Half Back Rumba Box.

1 2 & Step L Back, 1/8 R turn Step R Side, 1/8 R turn pivot Recover on L
3 4 & Step R Back, 1/8 L turn Step L Side, Step R Beside L
5 6 & 1/8 L turn Step L Forward, 1/8 L turn Step R Side, Step L Beside R
7 8 & 1/8 L turn Step R Back, 1/8 R turn Step L Side, Step R Beside L

Part B (16 counts))

S. 1 Walk L R L R, Rock Forward L, Back Lock Shuffle, Rock Back L.

1 2 & Step L Forward, Step R Forward, Step L Forward
3 4 & Step R Forward, Step L Forward, Recover on R
5 6 & Step L Back, Step R Back, Lock L over R
7 8 & Step R Back L, Step L Back, Recover on R

S. 2 Forward & 1/2 L turn Lock Shuffle, Rock Back L, 1/4 L turn half Forward Rumba Box, 1/4 L turn Half Back Rumba Box.

1 2 & 1/8 L turn Step L Forward, 1/4 L turn Step R Side, Lock L over R
3 4 & 1/8 L turn Step R Back, Step L Back, Recover on R
5 6 & 1/8 L turn Step L Forward, 1/8 L turn Step R Side, Step L Beside R
7 8 & 1/8 L turn Step R Back, 1/8 R turn Step L Side, Step R Beside L

Sequence: AA – BB – A – BB – AA – B – B (16C) – Ending.

Ending: (Rumba Box)

5 6 & Step L Forward, Step R Side, Step L Beside R
7 8 & Step R Back, Step L Side, Step R Beside L

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